

Achieve Your Best
... We Can Help.

www.humanperformancecentre.ca

HUMAN PERFORMANCE CENTRE

Are you Living with Aches and Pains? We Can Help!

Why spend another waking hour waiting for the attention and care you need. As physiotherapists, we offer evidence-based treatment for all of your joint aches and sore muscles. Outside of typical musculoskeletal injuries, physiotherapists also offer effective treatment and management of acute and chronic respiratory and neurological conditions.

When it comes to health and wellness, early intervention is of absolute priority. This is particularly important in relation to physiotherapy treatment. The sooner you receive treatment for your aches and pains, the sooner you return to your normal, everyday, pain-free routine. Whether it's being able to

do your job, walk your dog, or return to the sport/activity of your choosing, physiotherapy can help.

Why are you waiting? Since the year 1999, physiotherapy has been considered a direct-access healthcare service across Canada. ***What does this mean for me?*** In short and sweet, no more waiting for a referral to have your aches and pains treated. Be an advocate for yourself and start your treatment while waiting to see your physician. This will help get you back to your pre-injury self as quickly as possible.

Stop into the Human Performance Centre today, and get started on your path

for a better tomorrow. Appointments can be scheduled by phone or in-person.



Trevor Watson, PT

Trevor is a physiotherapist at the Human Performance Centre located in the outskirts of Grand Bay-Westfield. You can contact him at 738-8299 or trevor.watson@humanperformancecentre.ca

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PHYSIOTHERAPY

MASSAGE

FITNESS

NUTRITION